



THE CITY OF SAN DIEGO COMMUNITY PARKS I DIVISION  
PARK AND RECREATION DEPARTMENT

**HOURLASS PARK AND FIELD HOUSE**

10440 Black Mountain Road, San Diego, CA 92126

Direct: (858) 538-8153 Fax: (858) 538-8150

[www.miramesatowncouncil.org/recreationcouncil.htm](http://www.miramesatowncouncil.org/recreationcouncil.htm)

**"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"**

[www.sandiego.gov](http://www.sandiego.gov)

*Fall Program 2009*

# WELCOME!

Our staff cordially invites you to visit the Center. Look through the brochure for a class you and your family may enjoy. There is a variety of dance classes, karate, basketball, and creative arts classes. You will find a host of activities for tots also. Free play hours are available in the gym. Bring a friend! Enjoy your visit and thanks for coming.

## FALL REGISTRATION

Open Registration: September 5-20, 2009  
Until classes are full or two weeks into the session. Classes are not prorated.

**Classes start week of September 7, 2009.**

## WINTER REGISTRATION

\* Pre-registration is for returning students only:  
December 14-19, 2009

Open Registration: Dec. 21, 2009 - Jan. 4, 2010  
Until classes are full or two weeks into the session. Classes are not prorated.

A parent or legal guardian can register someone under the age of 18 years old. All participants must present proof of payment to the instructor on the first day of class. No registration can be taken or refunds issued after the second week. Please register early as classes fill up or are canceled if not enough students enroll.

**ATTENTION: All fees must be paid in full prior to taking the class.** Make checks payable to Mira Mesa Recreation Center or pay exact cash. There will be a \$35 service charge on all returned checks. Also, for refunds there will be a \$10 service fee. Classes not meeting the minimum number of 5 to 8 students may be canceled.

## HOLIDAY CLOSURES

November 11 - Veterans' Day  
November 26 - Thanksgiving Day  
December 25 - Christmas Day  
January 1 - New Years Day

## RECREATION COUNCIL INFO

The Recreation Council meets on the Second Tuesday of the month at:

Lopez Ridge  
7245 Calle Cristobal  
at 7:00 pm

### Hours of Operation

Monday	2:00pm to 8:45pm
Tuesday	2:00pm to 8:45pm
Wednesday	2:00pm to 8:45pm
Thursday	2:00pm to 8:45pm
Friday	2:00pm to 8:45pm
Saturday	9:00am to 1:30pm

*Hours subject to change without notice.*



*All City of San Diego parks and beaches are smoke free.*



## Creative Arts

**Day:** Monday  
**Time:** 5:15 pm – 6:30 pm  
**Ages:** 6 yrs and up  
**Fee:** \$65.00 / 10 weeks  
**Dates:** Sept. 14 - Nov. 16  
**Instructor:** Tom Baker



Class is designed to provide children a positive, fun filled experience each week. Hands – on projects will include drawing, painting, craft works, and the creation and completion of a ceramics piece. Students will keep all artwork. (An additional fee may be required for special projects)

## KAJUKENBO

**Ka - Karate, Ju - Judo/Jujitsu,  
Ken - Kenpo, Bo - Chinese Boxing**

### Youth:

**Day and Time:** Wednesday, 4:30 - 5:30 pm and  
Saturday, 9:00 - 10:00 am

**Ages:** 5-14 yrs  
**Fee:** \$55.00 / 5 weeks

### Adult:

**Day and Time:** Wednesday, 6:00 - 8:00 pm and  
Saturday, 10:00 am - 12:00 pm

**Ages:** 15 yrs and up  
**Fee:** \$65.00 / 5 weeks

**Dates:** Aug. 26 - Sept. 30  
Oct. 3 - Nov. 4  
Nov. 7 - Dec. 12

**Instructor:** Sifu Philip Dang  
Sifu Remy Dang  
**Contact:** kajukenbofighter22@hotmail.com  
(619) 840-6964



**KAJUKENBO** is an eclectic martial arts system derived from Karate, Judo/Ju-Jitsu, Kenpo, and Chinese Boxing, all incorporated into one adaptive and progressive system that is continually evolving since its creation in 1947. Considered the original mixed martial arts, this American system is taught all over the world and considered to be the most realistic and effective, no holds-barred approach to "street" self-defense. Our program is designed to increase physical fitness levels and provide students with confidence, self-esteem, and discipline, while building moral character, respect and leadership abilities. Please contact the instructor and/or the Hourglass Recreation center staff for additional details. **KAJUKENBO** can be seen featured on the *National Geographic's "Fight Quest"* episode.

## Ken-Ka-Kung Fu

### Youth:

**Day:** Tuesdays  
**Time:** 4:30-5:30 pm  
5:30-6:00 pm (advanced)  
**Ages:** 5-16 yrs  
**Fee:** \$60.00 / 5 weeks  
**Dates:** Sept. 8 - Oct. 6  
Oct. 13 - Nov. 10  
Nov. 17 - Dec. 15



### Adult:

**Day:** Tuesdays and Thursdays  
**Time:** 6:30-8:00 pm  
**Ages:** 16 yrs - Adult  
**Fee:** \$75.00 / 10 lessons  
**Dates:** Sept. 8 - Oct. 6  
Oct. 13 - Nov. 10  
Nov. 17 - Dec. 17



**Instructor:** Sigung Geoff Alpert (8th Degree Blackbelt)  
**Contact:** (619) 282-5005

This class addresses an individual's needs and capabilities at all levels and is designed to improve and enhance your child's ability to listen, focus, and develop skills in balance and coordination. Versatility offers a very practical, effective means of self defense.

Our main focus is to build confidence and a sense of achievement in each child. Wear loose fitting clothing. New student's parents must attend the first class with their child for orientation. \*Last 30 minutes of class reserved for advanced training.

Men and women of all ages benefit from this traditional Chinese style of defense. Ken-Ka-Kung Fu is a practical and effective street-fighting self defense system, which emphasizes physical development in a supportive and positive atmosphere.

**Raising the bar and pushing the envelop =  
Enhanced Confidence and Self-Esteem**

**Traditional System = No Tournament participation  
In Ken-Ka-Kung Fu, the only competition  
is found within YOU!**



## First Steps in Tap / Ballet

**Classes: Sept. 26 - Dec. 2**  
**- No classes 10/31 & 11/28**  
**Day: Saturday**  
**Time: 9:10 am-10:00 am**  
**Ages: 3-4 yrs**  
**Fee: \$75.00 10 weeks**  
**Instructor: Michelle Fripp**



Classes are designed to teach basic ballet and tap combinations along with exercises to enhance rhythm coordination and motor development. (Maximum 18)

## Introduction To Ballet / Tap & Jazz

**Date: Saturday**  
**Time: 10:10-11:00 am**  
**Ages: 4-6 Yrs**  
**Fee: \$75.00 10 weeks**  
**Instructor: Michelle Fripp**

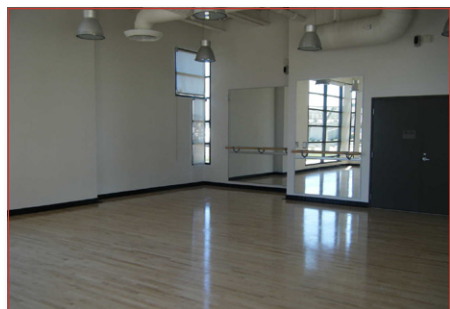


Introduction to ballet, tap, and jazz encompassing awareness of music, direction, and body discipline. (Maximum 18)

## Jazz / Tap Combo Level I And II

**Day: Saturday I**  
**Time: 11:10am-12:00 p.m.**  
**Ages: 6 yrs & up**  
**Day: Saturday II**  
**Time: 12:10-1:00 pm**  
**Ages: 6 yrs & up**  
**Instructor: Michelle Fripp**  
**Fee: \$75.00 10 weeks**

Classical jazz and tap "level II" for intermediate dancers – by instructor's referral only. (Maximum 18)



## Winter Youth Basketball League

(Days and Times to be Announced)

**Ages: 5-17 yrs**  
**Sign-ups: September 5 - October 31, 2009**  
**Player Evaluations: November 14, 2009**  
**Div. AA** (5 - 6 yr olds): games - Sat. morning  
**Div. A** (8 & under): games - Sat. morning  
**Div. I** (9-10 yr olds): games - Sat. morning  
**Div. II** (11-12 yr olds): games - Fri. nights  
**Div. III** (13-14 yr olds): games - Fri. nights  
**Div. IV** (15 - 17 yr olds): games - Tues. nights  
**Games begin: January 9, 2010**  
**Fee: \$85.00, Sept. 5 - Oct. 31, 2009**  
**Late Fee: \$95.00, Nov. 15 - Jan. 9, 2010**  
**Birth certificate required for sign-up**  
**League Director: John Garwood**

*For more information, please contact **John Garwood** directly at (619) 922-2951 or by email at [nbpbasketball@san.rr.com](mailto:nbpbasketball@san.rr.com).*

Younger players may play up one division. Volunteer coaches needed. Fingerprinting required for all volunteers

## Basic Fundamentals of Basketball

**Classes: Sept. 8 - Nov. 24**

**Day: Tuesday**  
**Time: 5:00 - 6:00 pm**  
**Ages: 5-6 yrs**

**Day: Thursday**  
**Time: 5:00 - 6:00 pm**  
**Ages: 8-12 yrs**

**Day: Friday**  
**Time: 4:00 - 5:00 pm**  
**Ages: 5-7 yrs**

**Day: Friday**  
**Time: 5:00 - 6:00 pm**  
**Ages: 8-12 yrs**

**Fee: \$65.00 / 10 weeks**  
**Instructor: John Garwood**



Learn the basic fundamentals of basketball. This class is for the beginner as well as the experienced player who wants to improve his/her skills. An ideal class for youngsters to build up their self-esteem needed to compete. (12 Maximum)

## Tennis

**Miramar College, Court #1 and #2**  
**Classes: Sept. 12 - Nov. 24**  
**Days: Saturday and Sunday sessions**

### Adult - NTRP 2.5 or above

**Time: 7:00 - 8:00 am**  
**Ages: 18 and up** (maximum 12 per day)  
**Fee: \$75.00 / 10 weeks**

### Kids & Juniors - NTRP 1-1.5

**Time: 8:00 - 9:00 am**  
**Ages: 6 - 10** (maximum 12 per day)  
**Fee: \$75.00 / 10 weeks**

### Kids & Juniors - NTRP 2-2.5

**Time: 9:00 - 10:00 am**  
**Ages: 8 - 14** (maximum 12 per day)  
**Fee: \$75.00 / 10 weeks**

### Kids & Juniors - NTRP 2-2.5

**Time: 10:00 - 11:00 am**  
**Ages: 8 - 14** (maximum 12 per day)  
**Fee: \$112.50 / 10 weeks**

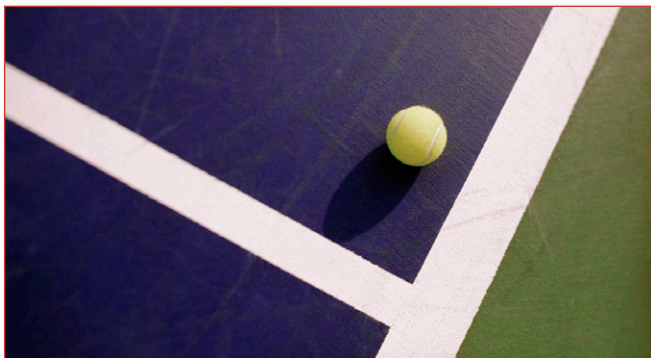
### Kids & Juniors - NTRP 3-4.5

**Time: 11:00 am - 12:00 pm**  
**Ages: 10 - 16** (maximum 8 per day)  
**Fee: \$112.50 / 10 weeks**

### Kids & Juniors - NTRP 1-1.5

**Time: 12:00 - 1:00 pm**  
**Ages: 6 - 10** (maximum 12 per day)  
**Fee: \$75.00 / 10 weeks**

This course will teach the forehand, backhand and serve. The scoring system and tennis etiquette will be introduced. Tennis racquet and tennis shoes are required. Each student must bring a can of unopened tennis balls on first day of class.



## Ice Skating

### Tot Starter

**Day: Wednesday**  
**Time: 4:00-4:30 pm**  
**Ages: 3-5 yrs**

### Youth

**Day: Wednesday**  
**Time: 4:30-5:00 pm**  
**Ages: 6-12 yrs**  
**Fee: \$45.00 / 4-week class**  
**Instructor: Wendy Smith**

**Dates: Sept. 9 - Sept. 30**  
**Oct. 7 - Oct. 28**  
**Nov. 4 - Dec. 2**

### Classes are held at:

San Diego Ice Arena  
11048 Ice Skate Place  
(858) 530-1826

The San Diego Ice Arena offers a four week program giving skaters the experience, skills and excitement. During the course students will learn how to balance, glide going forward, stopping, and they will have time for a few tricks. Skaters can practice during the public session from 3:00 pm to 5:00 pm before or after their class. Skate rental is included. Students should dress warmly and wear gloves or mittens.

## City Dance

**Registration: Week of September 21, 2009**

**Class: Sept. 28 - Dec. 20**

Register with the teacher at the location of the class on the day and time of class. \$48.00, payable to "City Treasurer". *All class are intermediate or Advance and are by teacher promotion only*

### **Wednesdays**

**4:15 - 5:15 pm - Ballet Intermediate, (7-15 yrs & up)**  
**5:15 pm - Tap 2A, (6 - 17 yrs)**  
**6:00 pm - Jazz 2 (6 - 17 yrs)**  
**6:45 - 8:15 - Ballet intermed. / Advance (11 yrs & up)**





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## Gym Ventures Gymnastics Program



**Gym Ventures** is a family of responsible kids, parents, and teachers. We provide a loving and supportive environment for children of all ages to develop physical and

mental awareness through gymnastics, dance, and fitness. We use these activities as a tool to inspire confidence, athleticism, and happiness in your child. At **Gym Ventures**, we believe in discipline through positive reinforcement and leading by example. Our passion is to nurture your child's success in a safe, non-competitive environment, while still challenging them to be the best gymnasts, dancers, athletes and people they can be!

Don't hesitate to contact us with any questions at (858) 272-2266 or at [info@gymventures.com](mailto:info@gymventures.com) or check out our website at [www.gymventures.com](http://www.gymventures.com).

**Classes: Sept. 14 - Nov. 16**

**Fees: 10-week sessions - \$135 per session / per child / per class**

*\* We need 6 students (minimum per class to have the class run).*

### **Class Descriptions and Information:**

**Class: Parent/Toddler (15 mo - 3 yrs old)**

**Day and Time: Saturday, 9:10 - 10:00 am**

**Description:** This parent participation class teaches gymnastic lessons to both the parent and gymnast as the parent is the child's first teacher. The parents will be taught how to spot their children on basic gymnastics skills such as a forward roll and donkey kick.

**Class: 3 - 4 year olds**

**Day and Time: Saturday, 10:10 - 11:00 am or Monday, 3:30 - 4:20 pm**

**Description:** This class is designed for both boys and girls. Awesome lessons ensure your child will learn all of the beginning level gymnastic skills as well as unconditional respect for self and others. Clear communication, daily challenges and gymnastics stations are set up for children to try skills on their own. This helps children feel successful and independent. Successes keep your child enjoying learning especially when we catch them doing something right!

**Class: 4 - 5 year olds**

**Day and Time: Saturday, 11:10 am - 12:00 pm or Monday, 4:30 - 5:20 pm**

**Description:** This class is a more advanced version of our 3-4 year old class. In this class, the children will also be taught basic gymnastics combinations to share with family and friends throughout the year. Skills for this level include but not limited to: movements on floor through more advanced obstacles circuits and stations, and new positions and skills on balance beam such as the swan and shark pose. They also learn skills on bars such as pullovers and glide swings. And of course, these gymnasts learn the basics of vaulting, such as how to properly jump on the springboard.

**Class: 6+ year olds**

**Day and Time: Saturday, 12:10 - 1:00 pm or Monday, 5:30 - 6:20 pm**

**Description:** Through our lesson plans and United States Artistic Gymnastics level routines we teach skills such as cartwheels, handstands, and begin work on back and front walkovers, and round-offs on the floor. On the beam we teach single leg swing over mount and cartwheel dismounts along with leaps, jumps and turns. On bars we cover front and back hip circles, single leg shoot through and mill circles. At vault, your gymnast will work on handstand to flat back and build up to front handspring off the vault.



## Individuals With Special Needs

**Therapeutic Recreation Services is a City of San Diego Park & Recreation Dept. city-wide program that provides recreational opportunities for people with disabilities. For information, or to be placed on their mailing list, please call (619) 525-8247.**

## Open Volleyball Schedule

**Day: Monday**  
**Time: 6:00 - 8:00 pm**

## Open Gym Schedule

**Day: Monday**  
**Time: 2:00 - 5:00 pm**

**Day: Tuesday**  
**Time: 2:00 - 5:30 pm**

**Day: Wednesday**  
**Time: 2:00 - 5:30 pm**

**Day: Thursday**  
**Time: 2:00 - 5:30 pm**

**Day: Friday**  
**Time: 2:00 - 4:00 pm**

## Youth Sports

MM West Little League  
- Laurie Cohen ..... 578-6684  
MM Youth Baseball  
- Tisha Williams ..... 254-6278  
MM Youth Football  
- Kevin Bush ..... 824-6669  
Youth Soccer Org ..... 413-6370  
MM Soccer Assn  
- Bob Turner ..... 689-8859  
MM Girls Softball League  
- Robert Howe ..... 536-1523  
Youth Basketball  
- John Garwood ..... (619) 922-2951

## Adult Sports

Coed Softball  
- John Grondona ..... (619) 261-0826  
Co-ed Softball  
- Gayla Spangler ..... 695-1898  
Adult Basketball League  
- Rob Powell ..... 829-8007

## Important Phone Numbers

SDPD (Non-Emergency) ..... (619) 531-2000  
SD Community College ..... (858) 221-6973  
Therapeutic Recreation Services ..... (619) 525-8247  
Ned Baumer Pool ..... (858) 538-8083  
Senior Center ..... (858) 578-7325  
Teen Center ..... (858) 271-4000

## Recreation Center Phone Numbers

Black Mountain Rec. .... (858) 538-8128  
Canyonside Rec. .... (858) 538-8131  
Hilltop Rec. .... (858) 538-8198  
Lopez Ridge Rec. .... (858) 538-8171  
Mira Mesa Rec. .... (858) 538-8122



## Mira Mesa Neighborhood Parks

Lopez Ridge.....7245 Calle Cristobal  
Maddox Park .....7815 Flanders Dr.  
Mesa Verde .....8350 Gold Coast  
Mesa Viking..... 11278 Westonhill Dr.  
Sanburg Park..... 11170 Avenida Del Gato  
Westview Park..... 11278 Westview Pkwy.  
Walker Park .....9125 Hillery Dr.  
McAuliffe .....7540 Winterwood Lane



## Have a Safe Halloween and Wonderful Thanksgiving!!

- from your staff at Hourglass Park & Recreation Ctr.

## Joint Use Neighborhood Parks

Challenger..... 10810 Parkdale Ave.  
Hourglass Park..... 14440 Black Mtn.  
Walker School .....9125 Hillery Dr.  
Wangenheim School.....9125 Hillery Dr.  
Mason .....10340 San Ramon Dr.  
Ericson ..... 11174 Westonhill Dr.



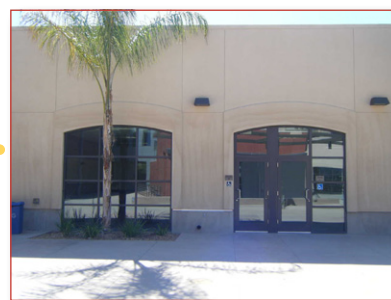
# Open House at Hourglass Park and Field House

**Saturday, September 26**

**9:00 am - 12:00 pm**

**Refreshments (while they last) Balloons, Face Painting. All FREE!**

**Come check out the wonderful programs that are offered and see the NEW Recreation Facility in your community!**



AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 221-8903 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.